

Evaluation of *Charakokta Madhukadi yog in pittaj asrugdara*

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Abstract:-

Excessive menstrual bleeding during menstruation and intermittent period is called Asrugdara.

Due to Asrugdara patient can lead into various serious problem like Anemia , Debility. If not treated properly death can occur, so I selected asrugdra for my clinical study.

Our Granthakara mentioned 4 types of asrugdhar and their chikitsa. So if we treat patient according to doshaj type it would benefit.

Materials And Methods:-

In charak chikitsathan 30/98 madhukadi yog is mentioned for pittja asrugdara.

Madhuk – Glyeyrrhiza glabra

Amalki –Embalicia phylanthus

Haritaki – Terminalia chebulla

Bhibitak – Terminalia belerica

Musta – Cyperus scariosus

Lodhra – Cmphokas recemosa

Sou rashtri – double sulphate of potassium & aluminum

Madhu – Honey

Properties of Mahukadi yoga

Guna – laghu, ruksha

Rasa – tikta, kashya, madhura

Virya – sheta

Vipaka – madhura

Doses – 3 gm x thrice daily before food

(Apana kali) with honey for one month

20 patients are selected for this study

Inclusion criteria –

1. 12 to 50 age group
2. a) Those patients who had excessive menstrual bleeding compared to their previous menstruation
 - b) Excessive days of bleeding.
 - c) Reduced interval period of menstruation

3. Pittaj Asrugdra Lakshan-

- a) Bright red colour menstruation
 - b) Continuous bleeding
 - c) Associated symptoms - Daha, Raga, Trunsha, Mohe, Bhrama and Jwara.
- Symptoms and signs are graded 0 to +++.

Result –

11 (55%) Patients got good results.
8(40%) patients got moderate results.
1(5%) got no result.

Conclusion –

19 patients got result. Only 1 patient got no result. Other types should be treated with specific drugs.

Keywords: *Asrygdara, Pradar, madhukadi yog, Madhuk, yestimadhu, triohala, lodhra, musta, Sphatika and madhu,*

Introduction:

In Cha. Chi 30- excessive menstrual bleeding during menstruation and intermittent period is called “*Asrugdara*”.^[1] *Asrygdara* is described in all bryhat trya and laghu trayi. Due to *Asrugdara* patients can have various serious problems like anaemia, debility if not treated properly death can occur^[2]. So I selected *Asrugdara* topic for my clinical study. Our *granthakaras*

described four types of *Asrugdara* and their *chikitsa*. So if we treat according to doshas then it would be very beneficial. In our study we found out that *pittaj asrugdara* type is very common in patients and so I selected *pittaj asrugdara* for the clinical study. In modern science there is hormonal treatment which is common in use but there are many side-effects to that for example obesity. Whereas in some

patients hormonal therapy is completely contra indicated. For example in patients of hypertension, hepatic disorders, blood disorders. If hormonal treatment fails then there are operative procedures like D & C (dilation and cutterage), ICRE and lastly when all options fails then there is no choice but hysterectomy. But these are all invasive and expensive procedures. And hence our *ayurvedic* treatment is very beneficial. In *Cha. Chi 30/98 charak* mentioned *madhukadi yog* for *pittaj asrugdara*^[1].

In this *yoga madhuk* is the first *yog* and so it is stated as *madhukadi yog*.

Contents:-

Madhuk, yestimadhu, triohala, lodhra, musta, Sphatika and madhu (honey).

Total effect of *madhukadi yog*:

Guna- laghu, ruksha.

Rasa – tikta, kashay, madhur.

Virya – sheta.

Vipaka- madhur.

In *pittaj asrugdara* *pitta* is aggravated due to sour, salty, hot and alkaline substance produces *Pradara*. In this blood is bright red in colour, hot and comes in profuse amount repeatedly and

with pain. It is associated with burning, redness, thirst, mental confusion, fever and giddiness.

So *tikta* , *kashay* and *madhur rasa* of *madhukadi yog* does shaman of *pitta* and *vaat*. *Tikta rasa* does *agni- shaman* and also overcomes *dhatva agni mandya*. It does *rakta sangraha* and *dosha pachan*. *Sheta virya* does *pitta shaman* and *madhur vipak* does *vaat- pitta shaman*.^[3]

Aims and objectives:

1. *Asrugdara* sometimes becomes very serious so it should be treated in early stage only.
2. If we treat according to types of *doshas* then it would be more beneficial.
3. To give better option for patients because this drug is very cheap and it has no side effects.

Material and methods:

- 30 patients were selected for this study.
- In *Charak Chikitsa sthan 30/98* *madhukadi yog* is mentioned for *pittaj asrugdara*.

Contents of *madhukadi yog* are as follows.

- *Madhuk- slyeyrrhiza glabra*
- *Amalki – Embalia phyllanthus*

- *Haritaki – Terminalia chebula*
- *Bhibitak – Terminalia belerica*
- *Musta – Eyperus scarious*
- *Lodhra – Cimphokas recemosa*
- Sourashtri – double sulphate of potassium and aluminum
- *Madhu*- honey.

Doses:

3 gram thrice a day before food
(*Apaan Kali*)

Anupan:

Honey Should be given for one month.

Inclusive criteria:

- 12 To 50 years of age group
- Those patients who had excessive menstrual bleeding compared to their previous menstruation.
- Excessive days of bleeding.
- Reduced interval in period of menstruation.
- *Pittaj asrugdara lakshanas*:
- Bright red coloured menstruation
- Continuous bleeding.
- Associated symptoms- *daha, raga, grushna, moha, bhrama and jwara*.

Symptoms and signs were graded from 0 to +++.

- *Madhuk/ yastimadhu: Glycyrrhiza glabra.*
 - *Gana – shonitasthpan*
 - *Guna- guru, singdha*
 - *Rasa – madhur.*
 - *Virya- sheta*
 - *Vipak- madhur*
 - Karma- due to its guru, snigdha and madhur it does vaat shaman and due to madhur shetaa it does pitta shaman.
1. Triphala^[4] - a. Amalaki b. Haritaki c. bibhitaki
- a) Amalaki– *Embalicia phylanthus*
- Guna- laghu, ruksha, sheta
 - Rasa – pancharasa except lavan (salty)
 - Virya- sheta
 - Vipak- madhur
 - Karma- tridosha har but mainly pittashaman
- b) Bhibitaki- *Terminalia belerica*
- Guna- ruksha, laghu
 - Rasa – kashay
 - Virya- ushna
 - Vipak- madhur
 - Karma-due to its ruksha, kaghu, kashay it works kafhaghna.

- Kashay, madhur works pittaghna because of ushna it works vatashamak so it works as a Tridoshar.

c) Haritaki – Terminalia chebulla

- Guna- lagu, ruksha
- Rasa – pancha rasatmak especially kashay
- Virya- sheta
- Vipak- madhur
- Karma- due to madhur, tikta and kashay it works as pitta shaman. Due to katu, tikta, kashay it works as kaphagna. And ueto amla, madhur it works as vaat shamak.

2. Musta- Cyperus scarious

- Guna- lagu, ruksha.
- Rasa – tikta, katu, kashay
- Virya- sheta
- Vipak- katu
- Karma-due to katu, kashay it works as kaph shamak. Dueto sheta virya it works as pitta shamak.

3. Lodhra – Cimphokas recemosa.

- Guna- laghu, ruksha
- Rasa –kashay
- Virya- sheta
- Vipak- katu
- Karma-due to kashay and sheta it works as a kaph- pitta shamak.

4. Sourashtri- double sulphate of potassium and aluminium.

- Guna- amla, madhur, kashay,
- Karma- it works as a hemostatic that is rakt strav rodhak.
- Total effect of madhukadi yog is:
- Guna- laghu, ruksha
- Rasa – tikta, kashay, madhur
- Virya- sheta
- Vipak- madhur
- Karma- tikta, kashay, madhur rasa does vaat- pitta shaman.

Tikta rasa does agnideepan, so it releases dhatwagni mandyaand it does dosha panchan and rakta sangrahan also laghu gun also does agni sandipan and stroto shodhan. Kashay rasa works as raktasangrahan and ratka stambhan and pitta- rakt shaman also, Madhur rasa does pitta- vaat shaman, along with this it works as a daha, trishna and bhrama shaman also.Madhur vipak does vaat-

pitta shaman. Sheta viryadoes-
pittashaman, rakta stambhan.

Anupan – madhu(honey)

Gradation-

1. Ati- rajpravrutti-
 - Duration:
 - a. Scanty- 4 to 6 days. +
 - b. Moderate- 7 to 10 days. ++
 - c. Profuse- morethan 11 days. +++
 - Quantity: (number of pads per day)
 - a. Scanty : 1-2 pads per day. +
 - b. Moderate : 3-4 pads per day. ++
 - c. Profuse : more than 4 pads per day. +++

Observation:

1. From 30 patients about 29 patients were from urban area and 1 patient from rural areas.
2. 27 patients from O.P.D. and 3 patients were from IPD .
3. Age – 12 to 20 years – 4 patients
4. 21 to 35 years – 17 patients
5. 36 to 50 years – 9 patients.
6. 29 patients were married and only 1 patient was unmarried.
7. Occupation- housewife- 17
8. Office work – 5
9. Physical work – 7
10. Student – 1.

Aahar-

veg- 6, Regular non veg- 20, Sometimes non veg- 4., Atiamla- 24 patients, Atilavan- 16 patients, Atiushna- 9 patients, Atikatu (spicy)- 18 patients, Vidahi- 8 patients

Vihar- Mansik tanav- 15 patients, Physical work- 7 patients
H/O abortion- 3 patients
H/O MTP- 4 patients
H/O CuT- 3 patients

1. Prakruti-

- Vaat prakruti- 5 patients
- Pitta prakruti- 15 patients
- Vata- pitta prakruti- 9 patients
- Kapha- vata prakruti- 1 patients.

2. Weight-

- less than 45 kg- 7patients
- 46 to 55 kg- 17 patients
- More than 55 kg- 6 patients.

3. Heamoglobin-

- 7 to 9- 16 patients
- 9 to 11- 13 patients
- More than 11- 01 patient.

4. USG reports-

- 16 atients- normal report.
- 8 patients- uterine fibroid

- 3 patients- ovarian cyst
 - 3 patients- adenomyosis.
5. Duration of disease- H/O
- 1 to 6 months: 8 patients
 - 6 months to 2 years- 8 patients
 - More than 2 years- 14 patients.
6. Rupa- a. atiraja pravutti- in number of days that id duration and quantity of raja pravutti increases- 26 patients. Only in number of days- 4 patients.
- In number of pads used-
- Less than 3 pads/ day- 0 patients.
 - 3 to 6 pads per day- 26 patients.
 - More than 6 pads per day- 4 patients.
7. Pittaj asrugdara lakshan-
- Nitanta rakta varna- 28 patients
 - Nee;- pitta varna- 0 patients
 - Ushna raja- 25 patients
 - Continuous bleeding- 25 patients
 - Daha- all 30 patients, from them 24 patients were having moderate daha and 6 patients were having severe daha.
 - Raga- present in 18 patients, while 6 patients were having mild

daha and 12 patients were having moderate patients.

- Trushna was present in all patients. But 12 patients were having mild and 18 patients were having moderate daha.
- Moha- none of the patients were having this symptom.
- Bhrama- 24 patients were having out of which, 14 patients were having mild and 10 patients were having moderate.
- Jwara- 17 patients were having out of which 5 patients were having mild and 2 patients were having moderate jwara.

8. Local examination-

a) PS examination (per speculum examination):

- 10 patients – vaginitis.
- 6 patients- cervical erosion.
- 3 patients- cervical hypertrophy.
- 2 patients- CuT thread
- 1 patients- cystocoel.

A. PV examination (per vagina examination)

Normal size uterus- 18 patients

Bigger than normal size uterus- 12 patients.

Discussion:

1. Number of patients more seen in April, May, August, September and October months. Means asrugdara is seen in grishma, varshan and sharad ritu.
2. Asrugdara is seen in middle (young) age women more who does more of physical work.
3. According to hetu- atiamla, ailavan, atikatu, vidahi and non veg these causes are more seen along with a major role of stress factor.
4. In the patients of vaat prakruti and vaat- pitta prakruti.
5. Asrugdara is seen more in low weight patients.
6. Hemoglobin levels were also on the lower side.
7. Atiraj pravrutti- in number of days and quality both are increased in all patients.
8. Pittaj asrugdara lakshanas- all lakshanas were obtained in all patients except neel- pita varna of raja.
9. PV examination- vaginitis and cervicitis were obtained in more patients.

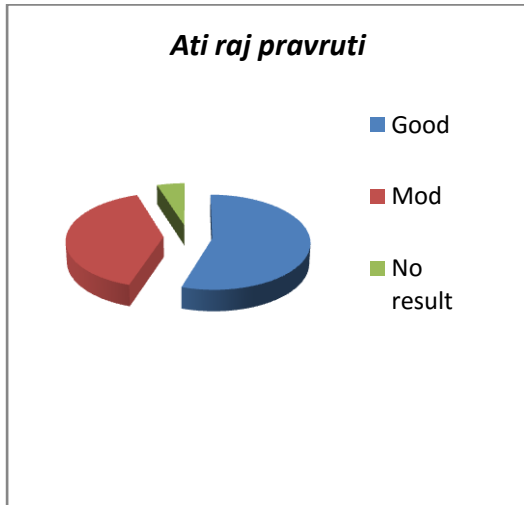
Results:

1. Ati raja pravrutti-

- a) 16 patients (55%) got good results.
 - b) 13 patients (40%) got moderate
 - c) 01 patients (5%) got no result.
2. Daha-
 - a) 12 patients(40%) got good results.
 - b) 09 patients(30%) got moderate results.
 - c) 09 patients(30%) got no results.
 3. Raga- was observed in 18 09 patients (30%) got moderate results. (60%)
 - a) 10 patients got good results.
 - b) 6 patients got moderate results.
 - c) 2 patients got no results.
 4. Jwara- was observed in 17 patients(55%).
 5. All of them got good results.
 6. Trushna- 22 patients got good results.
 - a) 4 patients got moderate results.
 - b) 2 patients got mild result and 2 v got no result.
 7. Bhrama- observed in 24 patients.
 8. 18 patients got good results.
 - a) 4 patients got moderate results.
 - b) 1 patient got mild result and 1 patients got no result.

9. Ushna spersha of raja- observed in 25 patients.

- 17 patients got good results
- 4 patients got moderate results
- 4 patients got mild result.



Conclusion:

We did this study according to dosha type chikitsa. Definitely charakota madhukadi yog does very excellent job

on pittaj asrugdara. We should use treatment according to dosha, for better results.

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